

Bluegrass Running Camp Packing List

- Consent Form - You will not be allowed to come to camp if you do not bring your waiver to check in.
- Linens - twin bed sheet or sleeping bag on the bed, pillow, pillow case, 2-3 towels
- Running Clothes for 5 days (Recommended 2x outfit per day)
- Running Shoes (Recommended 2 pairs in case of rain)
- Swim trunks / swim suit for beach day
- Regular clothes for 5 days
- Extra socks
- Personal Items:
 - Toothbrush • Toothpaste • Soap • Shampoo • Deodorant • Sunscreen • Bug spray • Lysol wipes • Ibuprofen • Band-aids
- Towels (2-3)
- Shower shoes/sandals
- Reusable water bottle – We will have coolers to refill your bottle all day/week.
- Yoga mat (Optional, if wanted for stretching)
- Snacks (NO NUTS of any kind allowed)
- Drinks
- Camp Talent show props
- Cash for snack bar and camp store

• We will have snacks, desserts, and bottled drinks on sale in the evening and during free time periods. We will also have a select number of hoodies, running shirts, and hats for sale.

Camp Store:

Under Armour Rival Crewneck: \$50

Various merchandise, snacks and drinks will be available.